

**ATTENTION to ALL "VETS RIDING TO LIVE" Cycling group members (and other interested Veterans and their families)!**  
**The weather is starting to look GREAT so it's time to "air up your tires" and hit the trails with us!**

(There are NOW TWO cycling events scheduled for JUNE, 2015.)

**Date: 10 JUNE 2015 (Wednesday)**

**Time: 0:900 hrs**

**(please arrive at 0:800 hrs for bicycle inspection and to "air-up" your tires)**

**Location: Grays Lake Park, Des Moines (At the boat rental building)**

There will be both "short and medium distance" rides at this event.

The short distance ride will be as many "LAPS" around Grays Lake on the bicycle trail as you'd like to ride!

The longer ride will be approximately 10 miles.

(5 miles out on the bicycle trail in Water Works Park and the Grays Lake Trail and 5 miles back)

Lunch will be provided by the DAV (Disabled American Veterans)

Additional Comments:

This ride is more suited to beginning riders or short-distance riders. If you haven't been exercising for a while and are just now getting into the swing of summer activities, this is the event for YOU! Please bring your sunscreen and a bottle of water to use on the ride. There are very nice restrooms available at the Boat Rental office at Grays Lake Park.

---

**Date: 24 JUNE 2015 (Wednesday)**

**Time: 0:900 hrs**

**(please arrive at 0:800 hrs for bicycle inspection and to "air-up" your tires)**

**Location: Chichaqua/ Bondurant trail head. (See included Map of The Bondurant/ Chichaqua Trailhead Location)**

This will be a medium-long distance ride of 10.8 miles. This course is mostly flat and down hill. there is a small uphill "rise" of approximately 2-3 degrees for 1/8th of a mile just before you arrive in the end of the ride in Mingo. (the ride will end at the Mingo Community Shelter).

Please bring your sunscreen and a bottle of water to use on the ride.

There are "Port-A-Potties/ KYBO'S located at both the beginning and end of this bicycle ride.

Lunch will be provided by the DAV (Disabled American Veterans)

Additional Comments:

This ride is more suited to experienced and intermediate-distance riders. If you haven't been Exercising for a while you might want to attend the shorter-distance rides at Grays Lake Park.

Please bring your sunscreen and a bottle of water to use on the ride.

A support vehicle will be located at the end of the ride in Mingo to take you back to your vehicle at the Chichaqua/Bondurant if you do not wish to "ride" back to your vehicle.

***If you intend on attending/ riding at one or both of these events, please contact:***

***Ed Bryja (515) 699-5999 ext 4687***

***Joyce Ellens (515) 699-5999 ext 4939***

We have a limited number of Bicycles and Tricycles that are available for veterans to try out and use for the ride!  
Please contact Ed or Joyce at their phone numbers listed above approximately 2-3 days before the event for the availability and Use of these Bicycles and Tricycles.

We need to provide an "Approximate Head Count" to Mr. Dave Thornburg so he has a good idea on how much food he needs to Order for our lunch, provided by the DAV. So PLEASE call Ed or Joyce a day or two before the bicycle ride and let us know if your going to attend! We'd love to have you join us!

With the possibility of bad weather occurring on the day of the event please contact Ed or Joyce the evening before In case of cancellation.

We hope to see you there!

Ed Bryja and Joyce Ellens (VETS Riding To Live Team/ Event Coordinators)